Book Recommendation

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One of the foundational books about the connections between drinking water and health bears the title: You're Not Sick, You're Thirsty!

The author, Dr. med. Fereydoon Batmanghelidj (pronounced: Batman-gee-lidsch); (1930-2005) provides the public with groundbreaking and above all immediately applicable insights across 200 pages, which he researched for years regarding the importance of water for health. He informs about the health-damaging effects of chronic dehydration, whose signs most people overlook or misinterpret, as well as about the effects of wrong beverages. With his findings, he opened the way for the development of a more human-friendly health system, so that people can grow older decidedly healthier and more productive. - All this with an expenditure that would limit the revenues in the healthcare sector to a fraction.

Disease symptoms such as diabetes, cancer, impaired brain function, and even chronic fatigue syndrome are, according to his research, "the body's cries for water". According to Batmanghelidj, optimal supply with salts and minerals is "the royal road to health and well-being".

Conclusion from truu : Everyone should read this book at least once in their lifetime. In view of an overwhelming commercialization of the healthcare system, this book is more relevant today than ever.

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It's good.
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